

HERO AT HEART

Dr. Hiroshi Yamasaki



This year, 1.2 million Americans will have their first or recurrent cardiac event. Half of them will die. If you think that heart disease is curable, think again. It is still the number one cause of death of adults in America. But the heart doctors of St. John Hospital and Medical Center are working to change that. And that's why we salute this week's Hero At Heart.

*Meet **Dr. Hiroshi Yamasaki**, Cardiologist on staff at St. John Hospital and Medical Center.*

Q: Dr. Yamasaki, when did you know you wanted to be a doctor?

A: 25 years ago after my mother passed away from cancer. She was in her fifties, and I was drawn to medicine as a result of her disease.

Q: What do you think are the challenges of practicing medicine?

A: Maintaining the idealism of helping people in a busy practice. Remaining focused on my purpose of being a good doctor in the midst of time constraints and regulations can be a challenge.

Q: What makes a good patient/physician relationship?

A: Ensuring I have time to spend with each patient to provide the best possible care.

Q: What's on the horizon in heart care?

A: It is an exciting time for cardiology. Good things are happening through revolutionary procedures that are significantly reducing the risks and greatly increasing the success rates associated with heart care. As a cardiologist who also treats vascular system diseases including those of the leg arteries and carotids, I am dedicated to staying informed about new and beneficial procedures.

Q: What is some medical advice the world can't do without?

A: As a society, we need to reverse the trend of obesity to reduce the risk of developing heart disease. Diet and exercise are very important in achieving and maintaining health and well-being.

Q: Why did you choose St. John Health?

A: I was trained through St. John, and I can attest through first-hand experience that the staff at St. John is dedicated to serving the best interests of patients.

To find out your risk for heart disease, visit us online and take our 2-minute heart assessment at www.realmedicine.org/heartcheck

You can find Dr. Yamasaki at his practice Eastside Cardiovascular Medicine, PC, in Roseville. If you would like to make an appointment, please call 1-888-440-REAL or visit us online at www.realmedicine.org.

Dr. Yamasaki is an independent physician on the medical staff at St. John Hospital and Medical Center.



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